

# SERVING SIZES

Grains – 2 ounces  
Vegetables – ½ cup  
Fruits – ½ cup  
Protein – 3 ounces  
Dairy – 1 cup

# July 2023

Call 625-6790 to order

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>3</p> <p>Chicken soup Sweet &amp; sour meatball Fried rice 3 – bean salad Roll (whole wheat) Chocolate chip cookie Grilled veggie salad w/chicken</p>	<p>4</p> 	<p>5</p> <p>Fresh fruit cup Crispy roasted chicken thigh Roasted sweet potato salad Zesty green beans Roll Cookie Chef salad</p>	<p>6</p> <p>Minestrone soup Lasagna roll up w/meat sauce Roasted potato Broccoli florets Snowflake roll Fruit Chicken salad on wheat</p>	<p>7</p> <p>Tomato soup Salisbury steak w/gravy Mashed potato Mixed vegetables Fruit Roll Spinach salad w/ chicken</p>
<p>10</p> <p>Pasta &amp; bean soup Shepard's pie Mashed potato Multi grain roll Pudding Ham &amp; cheese club</p>	<p>11</p> <p>Lentil &amp; bean soup Beef tips w/ gravy Roasted sweet potatoes Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread</p>	<p>12</p> <p>Greek cucumber salad Chicken cordon bleu Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Grilled vegetables salad w/chicken</p>	<p>13</p> <p>Minestrone soup BBQ pulled pork sandwich Cole slaw Orzo salad Roll Cake Turkey on wheat</p>	<p>14</p> <p>Tomato soup Sausage &amp; pepper sandwich Green bean salad Roasted potato Wheat roll Jello Egg salad sandwich</p>
<p>17</p> <p>Vegetable soup Chicken cacciatore Roasted potato salad Mixed vegetable Roll Fruit Seafood salad plate</p>	<p>18</p> <p>Mediterranean rice salad Baked rigatoni w/mini meatballs Green beans Roll Fruit salad Turkey &amp; swiss on rye</p>	<p>19</p> <p>Chicken soup Meatball &amp; pepper sandwich Roasted potato Cucumber cranberry apple salad Roll - cookie Tuna salad plate</p>	<p>20</p> <p>Tomato soup Sloppy joe 3 – bean salad Chips - roll Cake Chicken sandwich</p>	<p>21</p> <p>Tossed salad Fruit cup Beef stew Wheat roll Pudding Ham &amp; cheese on rye</p>
<p>24</p> <p>Greek cucumber salad Meatball (1) Stuffed shell (1) Mixed vegetables Garlic bread Cake Cobb salad</p>	<p>25</p> <p>Mushroom barley soup Smothered pork chop w/apples &amp; peppers Parsley potatoes- Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll</p>	<p>26</p> <p>Navy bean soup Liver &amp; onions Mashed potatoes Peas Watermelon - roll Hot dog w/roll</p>	<p>27</p> <p>Minestrone Soup Chicken marsala Roasted broccoli &amp; cauliflower Rice pilaf Cookie Chicken salad sandwich</p>	<p>28</p> <p>Fresh fruit w/ cottage cheese Open turkey sandwich Stuffing Cole slaw Wheat roll - pudding Spinach salad w/chicken</p>
<p>31</p> <p>Vegetable soup Lemon chicken Potatoes O'Brien Sliced carrots Whole Wheat roll - cookie Turkey &amp; Swiss/whole wheat</p>		<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	